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Tuesday

JUNE 22, 2010 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

TRAGEDY ON THE TRACKS **PAGE 9**



1 YEAR LATER

Metro's horrific Red Line crash last June 22 served as a catalyst for an unprecedented focus on transit safety in Washington and nationwide, but a year after the tragedy tarnished Metro's once-stellar reputation, the system's safety record has worsened and officials acknowledge that far too little tangible progress has been made.



AP/GETTY IMAGES

NATIONAL DISGRACE
N. Koreans briefly get live TV, only to see a soccer debacle **12**

'A MUSLIM SOLDIER'
Car bomb suspect defiantly pleads guilty to Times Square plot **3**



DANCE REVOLUTION
Kele Okereke puts a rock musician's spin on electronic beats **29**



FOR EXTENDED FORECAST, SEE PAGE 33

TWP PHOTO



EYE OPENERS

Florida Writes Your Horror Screenplay for You

A body on an abandoned boat in the Florida Keys turned out to be a mannequin. The Monroe County Sheriff's Office says a young couple spotted what they thought was a dead body in an abandoned boat off Sugarloaf Key on Saturday night. They said it appeared to be mummified. The Florida Fish and Wildlife Conservation Commission found only a mannequin. (AP)

Organizers Plan to Add Vuvuzela-in' Next Year

A man who won North Carolina's National Hollerin' Contest almost disqualified himself by going over the four-minute limit. Tony Peacock won Saturday with a rendition of "Summertime." Other categories included men's national hollerin' contest, ladies callin', conch shell blowin', whistlin', and junior and teen hollerin'. (AP)

Trans Fat Is Bad, And Mom Loves Me Best!

An argument over macaroni and cheese became violent in East Wenatchee, Wash. A 21-year-old man called police June 6 to say his 17-year-old sister had tried to cut him with a spatula. The girl was making macaroni and cheese when her brother asked whether she was using butter. That led to an argument over the difference between butter and margarine. She was charged with fourth-degree assault. (AP)

The Big Number

2.1 billion gallons

The estimated amount of oil remaining in the reservoir feeding the leaking Gulf well.

126 million gallons

The estimated amount of oil that has spilled into the Gulf of Mexico since the largest spill in U.S. history began. With the reservoir still roughly 94 percent full of oil, it could take up to four years for all the oil to leak from the field at the current flow rate.

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Companies Ask for End To Drilling Moratorium

New Orleans

Companies that ferry people and supplies to offshore oil rigs asked a federal judge Monday to lift a six-

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The total amount, in dollars, BP says it has spent so far fighting the oil spill in the Gulf of Mexico.

month moratorium on new deepwater drilling projects that was imposed in the aftermath of the massive Gulf spill. After hearing two hours of arguments, Judge Martin Feldman said he will decide by Wednesday whether to overturn the ban imposed by President Obama's administration after the Deepwater Horizon rig explosion off the Louisiana coast.

Plaintiffs' attorney Carl Rosenblum said the six-month suspension of drilling work could prove more economically devastating than the spill itself.

"This is an unprecedented industrywide shutdown. Never before has the government done this," Rosenblum told the judge Monday. **MICHAEL KUNZELMAN (AP)**

Car Bomb Suspect Pleads Guilty

Shahzad blasts U.S. as he admits plotting Times Square attack

New York

Calling himself a "Muslim soldier," a defiant Pakistan-born U.S. citizen pleaded guilty Monday to carrying out the failed Times Square car bombing, saying his attack was the answer to "the U.S. terrorizing ... Muslim people."

Wearing a white skull cap, Faisal Shahzad entered the plea in U.S. District Court in Manhattan just days after a federal grand jury indicted him on 10 terrorism and weapons counts, some of which carried mandatory life sentences. He pleaded guilty to them all.

"One has to understand where I'm coming from," Shahzad calmly told U.S. District Judge Miriam Goldman Cedarbaum, who challenged him repeatedly with questions such as whether he worried about killing children. "I consider myself ... a Muslim soldier."

The 30-year-old described his effort to set off a bomb in an SUV



Faisal Shahzad is handcuffed in this courtroom sketch from his arraignment Monday.

he parked in Times Square on May 1, saying he chose the warm Saturday night because the area would be crowded with people who he could injure or kill.

He revealed that he actually packed his vehicle with three sepa-

rate bombs, hoping to set off a fertilizer-fueled bomb packed in a gun cabinet, a set of propane tanks and gas canisters rigged with fireworks to explode into a fireball.

Shahzad said he expected the bombs to begin going off after he

lighted a fuse and waited between 2 1/2 minutes and five minutes for them to erupt.

"[I want] to plead guilty and 100 times more."

— **FAISAL SHAHZAD**, WHEN ASKED BY A JUDGE ON MONDAY WHETHER HE REALLY WANTED TO PLEAD GUILTY TO ALL 10 OF THE COUNTS HE WAS CHARGED WITH.

"I was waiting to hear a sound, but I didn't hear a sound. So, I walked to Grand Central and went home," he said.

Shahzad dismissed the judge's question about the children by saying the U.S. didn't care when children were killed in Muslim countries.

"It's a war. I am part of the answer to the U.S. terrorizing the Muslim nations and the Muslim people," he said. "On behalf of that, I'm revenging the attack. Living in the United States, Americans only care about their people, but they don't care about the people elsewhere in the world when they die." **TOM HAYS (AP)**



POLITICS

The pundits already knew that Republicans were pumped about the fall midterm elections. But a new Gallup poll shows just how big the enthusiasm gap really is: An average 59 percent of Republicans and Republican-leaning independents are "more enthusiastic than usual" about voting in November than in previous elections, the highest such figure for either party in a midterm since Gallup started asking the question in 1994. **(CHRISTIAN SCIENCE MONITOR)**

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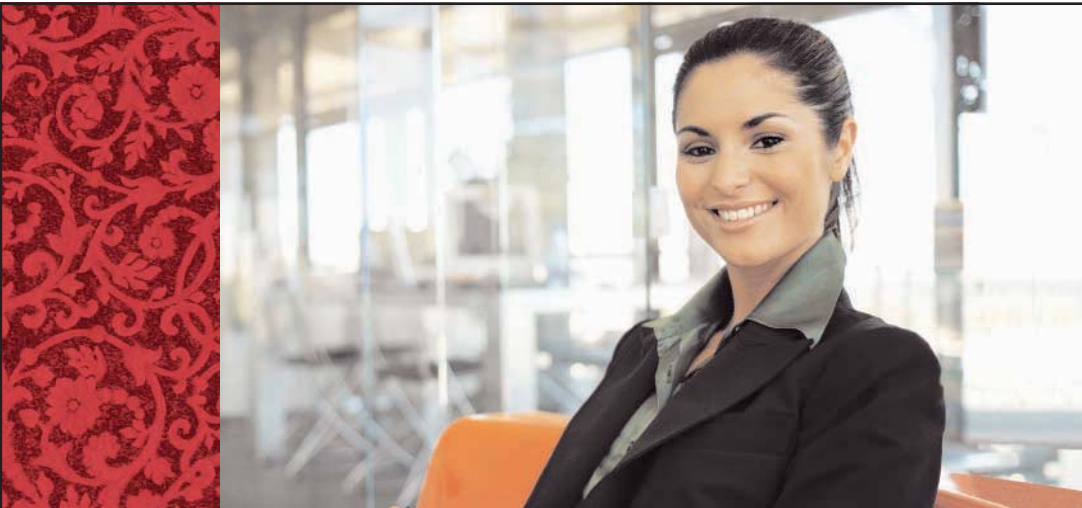


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Nation

Justices Uphold Anti-Terror Law

Court: Government
can ban all forms of
aid to radical groups

Washington

The Supreme Court has upheld a U.S. law that bars "material support" to foreign terrorist organizations, rejecting a free speech challenge from humanitarian aid groups.

The court ruled 6-3 Monday that the government may prohibit all forms of aid to designated terrorist groups, even if the support consists of training and advice about entirely peaceful and legal activities.

Material support intended even for benign purposes can help a terrorist group in other ways, Chief Justice John Roberts said in his majority opinion.

"Such support frees up other resources within the organization that may be put to violent ends,"

6-3

The split on the Supreme Court in the anti-terrorism law decision. The three dissenting justices were Stephen Breyer, Ruth Bader Ginsburg and Sonia Sotomayor.

Roberts said.

Justice Stephen Breyer took the unusual step of reading his dissent aloud in the courtroom. Breyer said he rejects the majority's conclusion "that the Constitution permits the government to prosecute the plaintiffs criminally" for providing instruction and advice about the terror groups' lawful political objectives.

The Obama administration said the "material support" law is one of its most important terror-fighting tools. It has been used about 150 times since Sept. 11, 2001, resulting in 75 convictions. Most of those cases involved substantial support for terror groups. **MARK SHERMAN (AP)**

Wildfire Season Returns



A HELICOPTER CREW works to contain a wildfire Monday in Flagstaff, Ariz. The wildfire grew to more than 13 square miles Monday as crews tried to divert the blaze away from homes. Several hundred people were under evacuation orders as the blaze moved to within 500 yards of residential areas.

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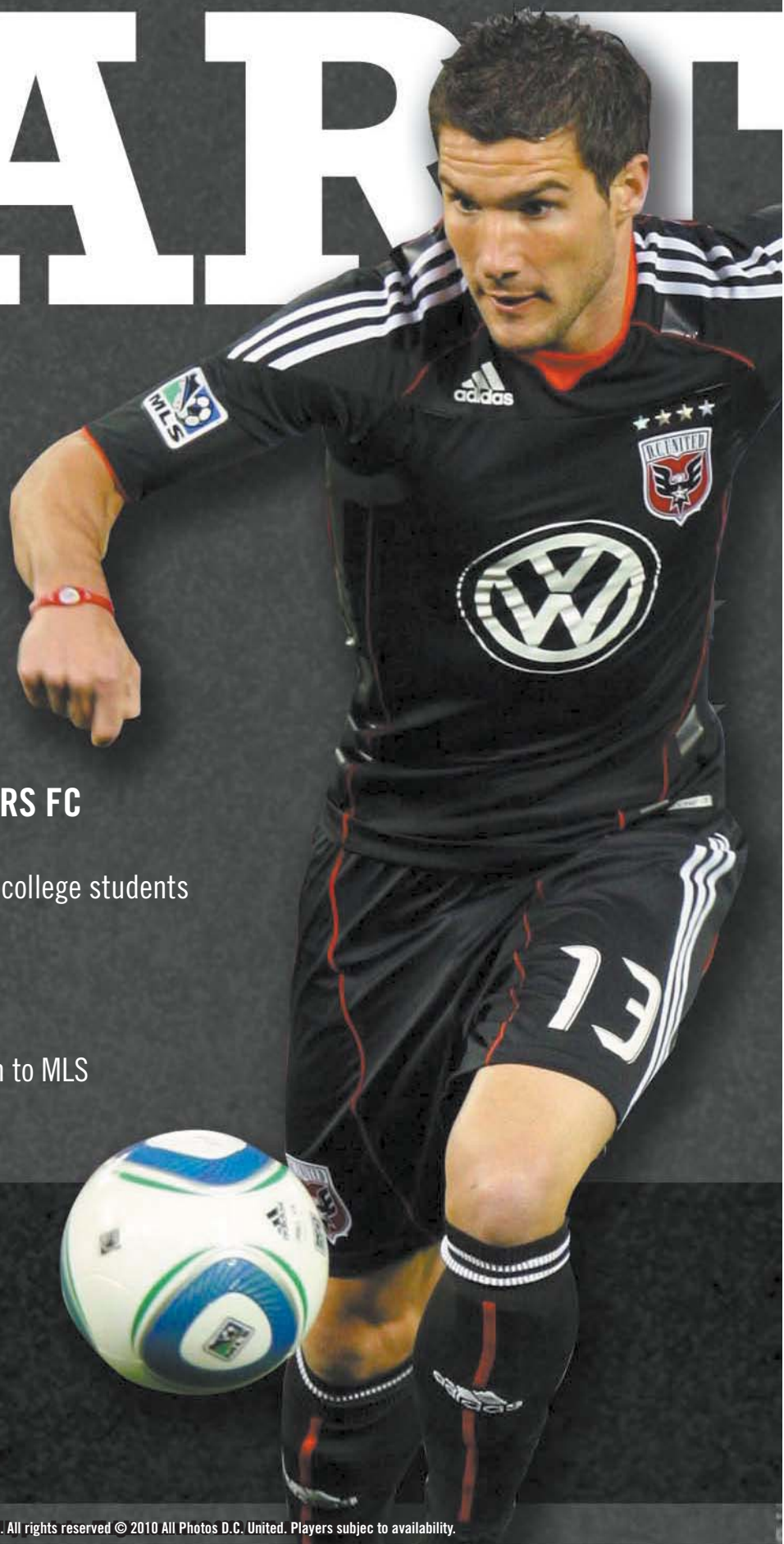


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Nation

Extortion Claims in Afghanistan Are Probed

U.S. security firms may be inadvertently funding the Taliban

Washington

Criminal investigators are examining allegations that Afghan security firms have been extorting as much as \$4 million per week from contractors paid with U.S. tax dollars and then funneling the spoils to warlords and the Taliban.

If the allegations are true, the U.S. would be unintentionally financing the enemy and undermining international efforts to stabilize the country.

The payments reportedly end



A convoy of military vehicles moves through Afghanistan's Helmand province.

THOMAS COEX/AP/GETTY IMAGES

up in insurgent hands through a \$2.1 billion Pentagon contract to transport food, water, fuel and ammunition to American troops

stationed at bases across Afghanistan. To ensure safe passage through dangerous areas, the trucking companies make pay-

ments to local security firms with ties to the Taliban or warlords who control the roads. If the payments aren't made, the convoys will be attacked, according to a U.S. military document detailing the allegations.

Chris Grey, a spokesman for the Army Criminal Investigation Command at Fort Belvoir, Va., confirmed the inquiry is under way. But he said he would not provide details, in order "to protect the integrity of the ongoing case."

A congressional subcommittee chaired by Rep. John Tierney, D-Mass., has also been investigating the extortion allegations and is holding a hearing Tuesday on its findings. RICHARD LARDNER (AP)



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NATO Toll in Afghan War Surges

June likely to become deadliest month after crash, attacks kill nine

Kabul

Nine NATO troops were killed Monday in a helicopter crash and a spate of attacks in southern and eastern Afghanistan, putting June on pace to become the deadliest month for the U.S.-led international force in the nearly nine-year war.

At least 62 NATO service members, including 41 Americans, have been killed this month in Afghan-

istan — an average of nearly three per day. Also on Monday, Afghan officials said a deputy district governor was slain in Wardak Province, the latest blow for the U.S. effort to boost local governance in Taliban strongholds.

The surge in NATO casualties comes as the U.S. military is deploying an additional 30,000 troops to Taliban strongholds in an effort to secure them enough for the Afghan government to assume control.

"We're getting into places where we haven't been," said Lt. Gen. David Rodriguez, the No. 2 U.S. commander in Afghanistan. The

300

The number of British troops who have been killed in Afghanistan, the British government said Monday. Prime Minister David Cameron called the death of the 300th British service member "desperately sad news." (AP)

Taliban are "going to continue to fight back for those areas so they don't lose their influence or the significant amount of drug money and resources," he added.

Monday's crash marked the deadliest incident for Australian troops since the war began. The

country, which has roughly 1,500 troops in Afghanistan, has lost 16 service members, including two killed in a roadside bombing earlier this month. Seven Australian soldiers were wounded in Monday's crash, some gravely, the officials said.

"The families of these soldiers can be extremely proud of their loved ones," Air Chief Marshal Angus Houston, the head of Australia's Defense Force, said in a statement. "These three soldiers were very experienced. ... I have nothing but admiration for these very brave and committed Australians."

ERNESTO LONDOÑO (THE WASHINGTON POST)

In Brief



Jon Venables, shown in 1993, was convicted of murdering a toddler at age 10.

LONDON

Toddler Killer Charged In Child Porn Case

British prosecutors said that a man convicted of murdering a toddler in 1993, when he was just 10 years old, has been charged with child pornography offenses. Jon Venables, 27, was charged with downloading and distributing indecent photos of children. Venables was indicted earlier, but the charges weren't reported till Monday due to reporting restrictions. (AP)

LIMA, PERU

Van Der Sloot Retracts Confession in Peru Case

A Dutch paper reported Monday that murder defendant Joran van der Sloot retracted the statement in which he confessed to killing a Peruvian woman in May. "I was very scared and confused during the interrogations," De Telegraaf quoted him as saying. "In my blind panic, I signed everything, but didn't even know what it said." (AP)

SAN SALVADOR, EL SALVADOR

Gang Burns Bus, Kills 14

Gang members opened fire on a bus full of travelers, doused it with gasoline and set it on fire, killing at least 14 outside El Salvador's capital, officials said Monday. The government called the assault an act of terrorism. (AP)

Winter Ritual in the Southern Hemisphere



AN ANDEAN religious leader makes a spiritual offering during a celebration of the Aymara New Year — year 5,518 — in Tiwanaku, Bolivia, on Monday. The indigenous Aymara mark the new year on the Southern Hemisphere's winter solstice.

Iraqi Electricity Minister Resigns

Baghdad

Iraq's electricity minister resigned Monday in the face of angry protests over the lack of power, despite years of promises that the situation would improve.

Karim Waheed's resignation came hours after demonstrators took to the streets for a third day in a row in oil-rich southern Iraq, where an unusually hot and humid summer has spiked tensions over electricity outages.

The issue has taken center stage in Iraq since two protesters were killed Saturday when security forces opened fire to disperse a crowd in the southern oil hub of Basra. Riot police in nearby Nasiriyah used water cannons after demonstrators began pelting them with



Protesters demonstrate against Iraq's electricity outages in Nasiriyah, Iraq.

stones Monday.

Waheed, who held his post since Prime Minister Nouri al-Maliki formed his Cabinet in 2006, said in a televised address that he had launched a series of projects to fix the grid, but he was stymied by a lack of funding and fuel needed for power plants. SAMEER N. YACCOB (AP)

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World

Israel OKs East Jerusalem Plan

Decision to destroy 22 Palestinian homes could raise tensions

Jerusalem

A Jerusalem planning body on Monday approved a plan to raze 22 Palestinian homes in East Jerusalem to make room for an Israeli tourist center, a decision that could raise tensions in the divided city and deepen the conflict with the Obama administration.

Back in March, Prime Minister Benjamin Netanyahu had pressured Jerusalem Mayor Nir Barkat to hold up the plan so authorities could consult with Palestinians who would lose their homes — a delay that appeared to be aimed at fending off criticism from the U.S.

“Now, after fine-tuning the plan and seeking more cooperation with the residents as far as their



TARATODRAS-WHITEHILL/AP

A Palestinian child walks through rubble in East Jerusalem on Monday.

needs and improving the quality of their lives, the municipality is ready to submit the plans for the first stage of approval,” said Barkat’s spokesman, Stephan Miller, before the city’s planning commission agreed to the plan.

Final approval, which requires

Meanwhile ...

Another blockade-busting ship with activists and aid on board could embark within days on a new attempt to reach Gaza after Lebanese authorities granted permission Monday for it to sail first to Cyprus. The ship, helmed by the Free Palestine Movement, plans to sail from Tripoli. Israeli navy commandos raided an international flotilla bound for Gaza in May, killing nine pro-Palestinian activists. (AP)

an Interior Ministry green light, may take many more months.

In Washington, State Department spokesman P.J. Crowley noted that approval was preliminary but voiced concern. “This would appear to be the kind of action that undermines trust and potentially incites emotions and adds to the risk of violence,” he said. **AMY TEIBEL (AP)**



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The Disastrous Fallout

Metro has yet to address the safety issues revealed by last year's deadly crash

Washington

Metro's deadly Red Line crash last June 22 served as an unprecedented catalyst for transit safety nationwide, spurring a push by the Obama administration for federal safety legislation, efforts to strengthen state oversight agencies, operational changes to Metro and other transit agencies across the country, a shake-up in Metro leadership, and unparalleled scrutiny of Metro by the National Transportation Safety Board (NTSB).

So far, however, key transit legislation remains stalled in Congress, state oversight continues to be fractured and weak; Metro lacks a new permanent leadership team; the NTSB has yet to issue a final report on the cause of the June crash that killed nine and injured dozens; and Metro's safety record has worsened, prompting the NTSB to open three more investigations — more than for any other transit agency nationwide.

"There are significant deficiencies in their safety culture," said Deborah A.P. Hersman, chairman of the NTSB. "We do not see the frequency of accidents on other properties that we are seeing on Metro."

"The most disappointing ... is when we issue recommendations and those issues do not get corrected. For us, that is a big concern about Metro," she said. Nine NTSB recommendations issued to Metro last July and September in the immediate aftermath of the accident remain open, according to NTSB records.

Lawmakers on Capitol Hill on



A stationary Metro train is seen through a makeshift memorial for Veronica DuBose, a victim of the June 22, 2009, Red Line Metro crash.

Monday echoed the sharp concerns about Metro and renewed a call for the passage of legislation promoted by President Obama that would allow federal regulation of transit agencies nationwide for the first time.

"We don't want death by Metro any longer," said Sen. Barbara Mikulski of Maryland at a press conference, noting that 13 passengers and Metro workers have been killed on the system in the past year. "I am not prepared to give [Metro] the Good Housekeeping stamp of approval," she said in an earlier interview, calling Metro's safety improvements "a

work in progress."

Soon after Red Line train 112 rammed into a train just north of the Fort Totten station, leaving a tangled heap of metal on the tracks last June 22, Metro and transit agencies nationwide began taking the first steps to prevent similar accidents.

"The accident was a catalyst for change, and people are changing their safety systems to make sure they don't have a similar event," including by making significant investments "in a very tight economic period," Hersman said.

The crash also put increased

federal funding for Metro on a fast track, accelerating legislation completed early this year that authorizes \$1.5 billion in dedicated federal money for improving safety at Metro over the next decade.

The federal money is vital to one of Metro's top safety priorities — replacing the oldest rail cars, the 1000 series, which were involved in the crash.

Still, former Metro general manager John Catoe said the new cars will not arrive for two or three years. "That is just a fact of life," he said.

ANN SCOTT TYSON (THE WASHINGTON POST)

Memorial Events

M **MEMORIAL SERVICE:** Metro, the union representing most Metro workers,

and families of the victims of the June 22, 2009, Red Line crash will hold memorial ceremonies Tuesday. Metro's ceremony is scheduled for 10 a.m. next to the Fort Totten Metro station. Metro plans to invite relatives to unveil a memorial plaque and lay a wreath in remembrance of the nine crash victims, the survivors and the emergency crews that responded to the accident.

MOMENT OF SILENCE: Metro is also asking people throughout the region to observe a moment of silence at 10:30 a.m.

CANDLELIGHT VIGIL: Amalgamated Transit Union Local 689 will have a vigil from 6 to 8 p.m. at its headquarters, 2701 Whitney Place, Forestville.



PUBLIC CEREMONY: The family of **Veronica DuBose**, above, a 29-year-old mother of two who died in the crash, has organized a public ceremony at 6 p.m. on the bridge on New Hampshire Avenue NE that overlooks the accident site.

WASHINGTON POST READERS DISCUSS THE CRASH AT POSTLOCAL.COM

"I HAVEN'T ridden Metro since the accident."

— COMMENTER FLYNMY40S

"I GRIEVE with the families, but I advise them to consult attorneys and let them handle the situation."

— COMMENTER BIGTRUCK1

"WHEN I LOST MY MOM and my brother, my only consolation was believing in God's divine intervention. He has my relatives in His loving arms. May God bless these families."

— COMMENTER SKINFREAK

Read More

For full coverage of the Red Line crash investigation, visit washingtonpost.com/redlinecrash.

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Local



Residents often plan their days around avoiding rush hours at Tysons Corner.

Tysons Ponders Traffic Solutions

Dreams of walkable city stir as residents' commutes worsen

Washington

With a sturdy grip on the steering wheel, Pamela Konde navigated her ice blue minivan through Tysons Corner traffic, eventually pulling into the median of Gosnell Road.

It was early afternoon and a stream of cars whipped down the hill. After they cleared, Konde made a quick left onto the road.

"Every time I make a left in this area, it scares me," she said. Unfazed, her 3-year-old daughter hummed playfully in the backseat.

For many residents, living in the Tysons area comes with perks: major shopping malls, nearby jobs and an accessible location at the confluence of the Capital Beltway, Dulles Toll Road, and Routes 7 and 123. But it also means living in one of the nation's most successful — and congested — job centers. In a place where most people drive, residents have to share local roads with 105,000 employees. Traffic is so bad that a third rush hour exists for lunch in Tysons.

Transforming auto-dependent Tysons into a walkable city of clustered high-rises is the goal behind

new building rules the Fairfax Board of Supervisors will consider Tuesday night. A circulator bus system, bike trails and an urban street grid are planned to ease congestion and accommodate growth over the next two decades.

For the past two years, traffic has been made worse by the high occupancy toll lanes project on the Capital Beltway and Metrorail's extension to Dulles International Airport. And drivers will likely run into more delays this year as crews

"Just getting around the area is a commute."

— PAMELA KONDE, ON NAVIGATING TYSONS CORNER TRAFFIC.

begin building the elevated rail line, Metro stations and the piers for the HOT toll lanes project.

Residents often plan their lives around rush hours. Germaine Broussard, 43, lives and works in Tysons. Her job is less than three miles away from her home. But after work, she sometimes waits an extra hour for traffic to subside before heading home.

"You can't get out between 4 and 5, because a lot of the times you can't even get out of the parking lot," Broussard said.

KAFIA A. HOSH (THE WASHINGTON POST)

Va. Employs Fingerprint Plan For Immigrants

Richmond

A federal initiative to identify illegal immigrants through enhanced fingerprint-checking at local jails is in place throughout Virginia.

U.S. Immigration and Customs Enforcement and state Attorney General Kenneth Cuccinelli said Monday that Virginia is one of 22 states in the "Secure Communities" program, which is expected to go nationwide by 2013.

Previously, fingerprints of people charged with crimes were checked against a criminal-history database maintained by the FBI. (AP)

Fairfax Man Is Killed in War

Washington

The Pentagon says a soldier from Northern Virginia has been killed in Afghanistan.

Twenty-five-year-old Pfc. Benjamin Park of Fairfax Station died Friday in Zhari district, Kandahar, Afghanistan.

Officials say insurgents attacked his dismounted patrol with an improvised explosive device.

Park was an infantryman assigned to Company B, 1st Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), Fort Campbell, Ky. (AP)

Learning Even More From Lincoln



SARAH L. VOISIN/TWP

ARTIFACTS FROM the new Abraham Lincoln-themed Center for Education and Leadership are shown at Monday's unveiling. The center, across the street from Ford's Theatre, will become part of a Lincoln "campus" on 10th Street NW.

The Lotteries

Monday, June 21

District

Mid-day Lucky Numbers	9-5-7
Evening Lucky Numbers (Sun.)	7-7-2
Mid-day DC 4	1-2-0-6
Evening DC 4 (Sun.)	9-2-3-7
Mid-day D.C. Five	0-0-6-0-1
Evening D.C. Five (Sun.)	7-7-0-7-9
Daily 6 (Sun.)	11-12-15-25-34-37 (26)

Maryland

Mid-day Pick 3	0-2-9
Evening Pick 3 (Sun.)	7-5-0
Mid-day Pick 4	4-2-6-7
Evening Pick 4 (Sun.)	6-7-4-4
Match 5 (Sun.)	10-17-28-38-39 (12)

Virginia

Mid-day Pick 3	4-5-8
Evening Pick 3 (Sun.)	2-2-8
Mid-day Pick 4	5-7-8-6
Evening Pick 4 (Sun.)	0-2-1-8
Mid-day Cash 5	03-04-08-09-19
Evening Cash 5 (Sun.)	01-04-18-22-25

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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World Cup 2010

Standings

GROUP	TEAM	W	D	L	GF	GA	Pts
A	Uruguay	1	1	0	3	0	4
	Mexico	1	1	0	3	1	4
	France	0	1	1	0	2	1
	South Africa	0	1	1	1	4	1
B	Argentina	2	0	0	5	1	6
	South Korea	1	0	1	3	4	3
	Greece	1	0	1	2	3	3
	Nigeria	0	0	2	1	3	0
C	Slovenia	1	1	0	3	2	4
	USA	0	2	0	3	3	2
	England	0	2	0	1	1	2
	Algeria	0	1	1	0	1	1
D	Ghana	1	1	0	2	1	4
	Germany	1	0	1	4	1	3
	Serbia	1	0	1	1	1	3
	Australia	0	1	1	1	5	1
E	Netherlands	2	0	0	3	0	6
	Japan	1	0	1	1	1	3
	Denmark	1	0	1	2	3	3
	Cameroon	0	0	2	1	3	0
F	Paraguay	1	1	0	3	1	4
	Italy	0	2	0	2	2	2
	New Zealand	0	2	0	2	2	2
	Slovakia	0	1	1	1	3	1
G	Brazil	2	0	0	5	2	6
	Portugal	1	1	0	7	0	4
	Ivory Coast	0	1	1	1	3	1
	North Korea	0	0	2	1	9	0
H	Chile	2	0	0	2	0	6
	Spain	1	0	1	2	1	3
	Switzerland	1	0	1	1	1	3
	Honduras	0	0	2	0	0	0



While Portugal was busy celebrating the most lopsided result of this World Cup, North Koreans watched in disappointment.



AP PHOTOS

Villa Powers Spain to Victory

Soccer

David Villa scored two goals as Spain got its World Cup pursuit back on track with a 2-0 victory over Honduras on Monday.

Villa beat three defenders in the 17th minute before goalkeeper Noel Valladares got a touch to the Spain striker's rising shot but not enough to keep it out.

Villa scored his 40th international goal in the 51st when his shot from the edge of the area deflected off a defender to go over Valladares. He did miss a penalty kick. (AP)

1 0



STUART FRANKLIN/GETTY IMAGES

A SWISS FAN sulks after Chile defeated Switzerland 1-0 Monday. In its second win of the World Cup, Chile snapped the Swiss' record 551-minute stretch without allowing a goal, which broke Italy's 550-minute mark set in the 1986 and 1990 World Cups.

A Drubbing for All to See

Portugal dominates in rare match aired live in North Korea

Soccer

North Korea picked the wrong moment to allow its people to see a bit more of the outside world.

The authoritarian regime was so proud of its soccer team in the World Cup that it allowed an unprecedented live broadcast back home of the match against Portugal — a rarity for the communist nation that normally exerts strict control over the media.

What ensued was a different sort of history: North Koreans, used to seeing only positive news about their reclusive country, watched as their soccer team

received the worst drubbing so far in this year's tournament and was prevented from advancing to the next round.

As the 7-0 loss to Portugal concluded, the North Koreans quickly halted Monday's coverage. "The Portuguese won the game and now have four points," the Korean Central Broadcasting commentator said. "We are ending our live broadcast now."

It then cut to factory workers and engineers praising North Korean leader Kim Jong Il.

Dejected and dispirited, the North Korea team quickly left the stadium in Cape Town with heads bowed.

Star forward Jong Tae Se dropped to his knees as the game

ended. He said he was upset they had made so many errors and apologized to his nation for failing to fulfill its World Cup hopes. The normally loquacious Jong later slipped out another entrance.

Portugal's Tiago, who scored two goals, wished the North Koreans well in their final game against Ivory Coast but said he wasn't sorry about the lopsided score, since getting lots of goals can help a team advance to the next round.

"It's just football," he said.

But it's more than a game for North Korea, an impoverished nation struggling to feed its people. It is the first time in 44 years that North Korea has qualified for the World Cup, a rare point of pride for a nation increasingly at odds with the outside world.

JEAN H. LEE (AP)

7 0

TOP DOGS



Tiago
MIDFIELDER, PORTUGAL

Tiago scored twice in the second half as Portugal poured it on outmatched North Korea during a 7-1 win played in a steady rain at Cape Town.





David Villa
STRIKER, SPAIN

Villa scored the first two goals of the tournament for the reigning European champions, who got in the win column with a 2-0 victory against Honduras. Spain is now 1-1 at the World Cup.

TODAY'S MATCHES

Group A

  **10 a.m.** A victory for either Mexico or Uruguay will win the group for either side — and a draw puts both into the knockout round. Meanwhile, how will France play against South Africa two days after its players refused to practice for the game?

Group B

  **2:30 p.m.** South Korea is looking to advance to the second round for the first time on foreign soil in its match against Nigeria, which also has faint hopes of moving to the knockout round. Argentina will advance with at least a tie versus Greece.



TRACY A. WOODWARD/TWP

Ex-Maryland guard Eric Hayes could be a second-round pick in Thursday's draft.

Ex-Terrapin Is Hoping to Land Close To Home

NBA Draft

Eric Hayes dazzled the country when he won the 3-point contest at this year's Final Four in Indianapolis. Now, the former Maryland guard hopes his accuracy can land him a job close to home.

Hayes, one of the first college players turned NBA hopefuls to work for the Wizards this offseason, would love to hear his name called this Thursday during the NBA draft. In the ideal world, it will be Washington that sees something in the Woodbridge, Va., native and makes him one of its three draft selections.

At a June 1 workout at Verizon Center, Hayes hit seven of seven in the final shooting drill of the day — reminiscent of his time at College Park, where he shot .502 from the field in his senior season. He isn't the only Terp the Wizards looked at — Greivis Vasquez ran the same drills. Vasquez is considered a better prospect, though neither is likely to be a first-round pick.

Nevertheless, Hayes holds out hope to be play in D.C. "It would be great to play close to home around family, and fans are familiar with me from playing at Maryland," he said. **CAL SILCOX**

Federer Dodges Upset in Opener

Six-time Wimbledon champ rallies from two sets down to win

Tennis

For Roger Federer, Wimbledon nearly ended at the beginning.

The six-time champion overcame a two-set deficit to avert a monumental first-round upset, beating Alejandro Falla 5-7, 4-6, 6-4, 7-6 (1), 6-0.

Federer has reached the tournament final each of the past seven years, but Monday he barely survived the traditional opening match on Centre Court as defend-

ing champion.

"I live another day," Federer said. "This one is one I should have lost."

The 60th-ranked Falla had lost all 11 sets in his previous four matches against Federer, but the Colombian played brilliant tennis to take charge of the match early. The turnaround came in the fourth set with Falla serving for the match and three points from victory, when Federer broke for only the second time.

Federer played his best after that. It's the third time in a row he has won after losing the first two sets at a Grand Slam event, but the close call was a new experience in



ANJA NIEDRINGHAUS/AP

Roger Federer was three points from defeat before coming back on Monday.

such an early round.

"You definitely feel uncomfortable," Federer said. "For me, it's not normal to be down two sets to love. Especially at Wimbledon and early on in Grand Slams, it's something I'm not quite used to."

No. 7-seeded Nikolay Davydenko also overcame a two-set deficit, along with Kevin Anderson's 36 aces, and won 3-6, 6-7 (4), 7-6 (3), 7-5, 9-7.

No. 5 Andy Roddick, who lost to Federer in last year's epic final, began his title bid by beating fellow American Rajeev Ram 6-3, 6-2, 6-2. Roddick never faced a break point and committed only 10 unforced errors. **STEVEN WINE (AP)**

Parade of Champions in Los Angeles



MATT SAYLES/AP

LAKERS FORWARD RON ARTEST holds the NBA championship trophy during a parade in Los Angeles on Monday. Hundreds of thousands of fans greeted the newly crowned Lakers, who defeated the Boston Celtics in Game 7 Thursday night to win the title. After the partying, questions about the future of coach Phil Jackson will return to the spotlight in L.A.



OWIES

Carolina Panthers receiver Steve Smith will miss the start of training camp with a broken left forearm. Blame it on a game of flag football with kids. Playing the non-contact brand of football with children at his camp Saturday, the four-time Pro Bowl pick fell and fractured his left arm. He'll be sidelined for at least the first couple weeks of camp but is expected to be ready for the season opener Sept. 12 at the New York Giants. **(AP)**

Nats' Lannan Going to Minors

The Nationals

The Washington Nationals have sent left-hander John Lannan to Double-A Harrisburg, a demotion for their pitcher who started on opening day.

Lannan was 2-5 with a 5.76 ERA in 14 starts. He also started the opener last year and led the team with nine wins.

The Nationals purchased the contract of right-handed pitcher Joel Peralta from Triple-A Syracuse on Monday. **(AP)**

TV Lineup

NATIONALS (7 P.M., MASN) The day before Stephen Strasburg starts again, the slumping Nats host the Kansas City Royals.

TENNIS (7 A.M., NOON, ESPN2) The first round of Wimbledon continues from London.

COLLEGE BASEBALL (4:30 P.M., 9 P.M., ESPN2) The College World Series swings back into action in Omaha, Neb.

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Guinea Pig | G Whiz

The sporty set is sure to be psyched for the arrival of G Natural and G2 Natural (\$1.49, Whole Foods), versions of Gatorade's original and low-cal beverages without high-fructose corn syrup. In our taste test, the drinks were deemed as delish as their unnatural counterparts. But inquiring minds wanted to know how the "natural" "lemon berry" flavor manages to contain "no fruit juice."

Body Talk



Exercise Goaaals

Playing soccer is one of the best forms of exercise. Watching soccer isn't. But that's because most people do it wrong.

Think you can just take a seat and drink? Not in D.C. United's fan sections, populated by the Screaming



By Vicky Hallett

Eagles and La Barra Brava. The groups of devotees bang drums, wave flags and mock opposing team players with unwavering intensity. "There's no sitting down. We enforce that rule," promises Oscar Zambrana, founder of La Barra Brava.

The four-hour tailgates preceding the games probably negate most of the calorie burn, but it's "absolutely a workout," says Screaming Eagles founding president Matt Mathai. "At the end, you're wiped out," he adds.

If you're catching World Cup games on TV, there's no way to completely replicate the experience. "Although you could make a case that lifting bottles of beer is also good exercise," Mathai jokes. But at home (or even in a bar) you can always get up and jump to capture that in-the-stands feel. Or copy Mathai and get on a treadmill during an exciting match-up. Half the game — and your workout — will be over in no time.

To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com



Justine Moore, the facilitator for Wise About Weight, shows off her fake 5-pound slab of fat and the hefty participant binder.

The Weight Is Over

A comprehensive program at Results tackles extra pounds with a team of pros

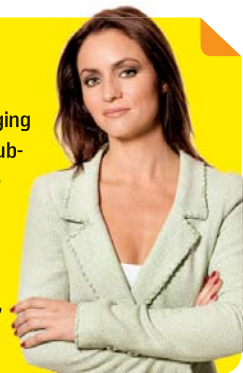
Healthy Habits

When 62-year-old Katy Mead walked into a room last week with a tinfoil-covered pan and announced, "I brought cake," everyone froze. This was the final meeting for participants in Wise About Weight, a nine-week program that targets excess pounds. And right after a weigh-in (plus a body fat reading, and a measurement of hip and waist size), dessert didn't sound so appealing.

"But it's just egg whites, no

Online Alternatives

- Valerie Orsoni, right, relies on her French upbringing and scientific research to offer three daily tips to subscribers at Lebootcamp.com (\$15-\$29/month). One fave: Put a photo of someone skinny on your fridge.
- Anyone can explore Thin-Site.com to get access to blog posts and exercise video clips, but if you sign up (for a \$29.95 initiation fee and then \$8.95/month), you'll get expert e-mails three times a week.



oil and a little sugar-free chocolate syrup," Mead added, earning a pat on the back from facilitator Justine Moore for using the previous week's lesson on making recipes healthier.

Moore, a personal trainer and nutritionist, is part of a team of pro-

fessionals brought together by Donald Kushner, a physician in Pittsburgh who created the program in 2009 to offer a comprehensive approach to weight loss. "The whole weight-loss industry is so fragmented, and doctors are totally out of the loop," Moore says. Impressed

with the method, Moore brought the idea to Results Gym (Resultsthegym.com), which is now hosting classes in Washington.

The next session (\$735 for members or \$799 for non-members, who get use of the gym for the duration of the program) starts this Saturday (call 800-608-1202 to register) with a full-day immersion workshop. Then, in addition to meeting once a week for two hours, participants have five half-hour personal training sessions, an hour of individual nutritional counseling and an hour of behavior coaching, plus a directive to check in with their primary care doctors.

It's this combination of the support group atmosphere and individualized guidance from experts that sets it apart from other programs, Moore says. Well, that and the huge binders each Wise About Weight participant gets. Lugging them around is good for an extra workout, and opening them up provides a chance to review what's been discussed in class through quizzes, timelines and worksheets.

All of the lessons are interactive, and Moore's lectures frequently feature props, including fake food and a giant slab of artificial fat. "I'm like the Carrot Top of the weight-loss world," Moore jokes.

There's new info every week on topics ranging from reading nutrition labels to identifying sabotaging thoughts, but Moore always returns to "the seven steps to lifestyle change": observe, interpret, pause, direct, reflect, celebrate and repeat. "There's no step called 'beat myself up,'" she reminded the participants at that final class.

Not that there was any reason to. All of them are lighter than when they started, can eyeball portion sizes and have developed ways to socialize that aren't centered around food. Although one slice of Mead's cake didn't sound like such a bad idea. VICKY HALLETT (EXPRESS)

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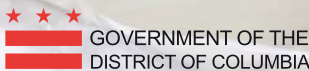
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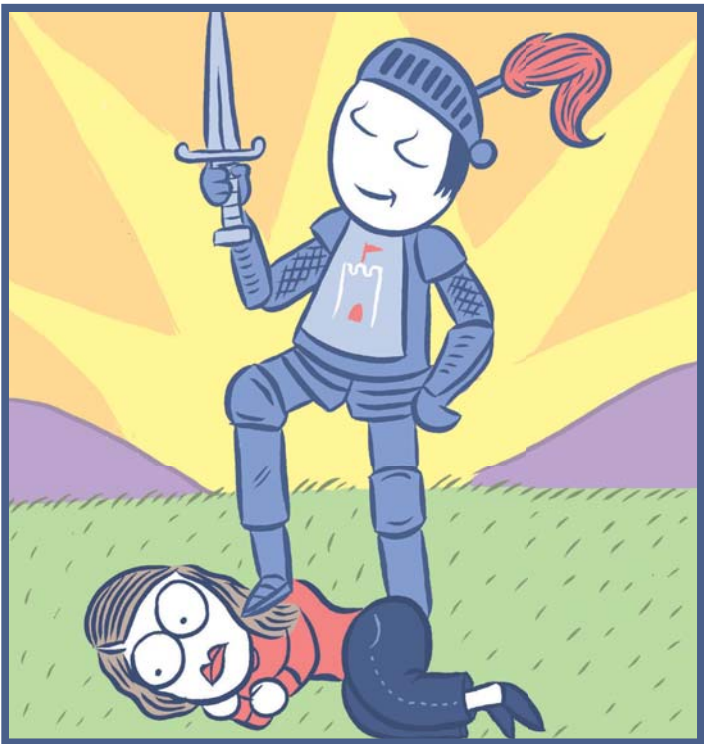
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Learn to Like Yourself First

Q I'm 25 years old and feel like people just don't like me. I've never really dated anyone, but that's not my main concern. It's just that I don't feel close to people, and I feel alone. It seems like whatever new situation I'm in, everyone else finds their way eventually except me. I don't expect to be the life of the party, but I hate feeling like I'm the outcast in a junior high lunchroom. My sister just tells me to be myself, but it's not that easy. **NO NAME, PLEASE**

I know it won't help much for me to let you know that you're not really alone — at least in the sense that there are many others who feel like you do. And “just be yourself,” as you've noticed, is not that inspiring for someone who doesn't really believe that her real self is someone who other people want to know.

But a good therapist can give you the tools to start redefining who you are, banish the ingrained negative thoughts that get you down on yourself and increase the types of behaviors that will get you more out of your shell. It might take work, but the sooner you take the step, the sooner you can experience life as someone who you want to be.



By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

No Prize for Best Husband

Q My husband is very ambitious and has won several honors recently. I'm very proud of him, but I sometimes feel like he turns things into a competition (or maybe it's me who does so) and dismisses my professional accomplishments. I always imagined that I would feel part of a team with my spouse. But instead, I get jealous. What gives? **BUMMED**

It seems to me that it's not so much a matter of your being jealous or competitive, but more your feeling invalidated and knocked down. Might Steven the Achievin' be getting a little too big for his britches?

This won't get resolved without talking to him. Pick a quiet time unconnected to any of his achievements — so, not backstage at an awards ceremony. Establish that

you want him to be happy, but then segue into how you're feeling slighted. Emphasize that you want to be a team — you don't want to take away from his individual accomplishments but maximize the joy of them. Once you clear the air (and the trophies), you can figure out why he's acting this way. Is he just disoriented with success, or does he feel like he has to be dominant in the relationship?

Event Horizon Science on Screen

How our bodies behave — or don't — is a theme that pops up in several of the films in Silverdocs at the AFI Silver Theatre this week (8633 Colesville Road, Silver Spring; Silverdocs.com). “The Other City” focuses on the lives of D.C. residents with HIV/AIDS; “Monica and David” is a look at the first year of marriage for a couple with Down syndrome; and “Still Here,” a collection of shorts, features subjects with cerebral palsy and mental illness.

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
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Herb Your Enthusiasm

Pluck plants from the garden for some natural remedies

Workshop

Bloomingdale is blooming at Common Good City Farm (V Street NW between Second and Fourth streets; Commongoodcityfarm.org). The community-run educational endeavor, which raises produce for low-income adults and families, aims to spread the word that local, seasonal crops are healthier. You can get a taste for this mission by signing up for one of the farm's Growing Gardens workshops. This weekend's lesson: how to spice up your medicine cabinet.

The first in a four-part series on herbs, Herbalism 101 (Sat., 11 a.m.-1p.m., suggested \$10 donation), focuses on harvesting, preparing and using herbs medicinally. Health coach Tricia McCauley (Nutriciaconsulting.com) plans to weave together the history and theory of herbal medicine with its practical applications.

Using the garden as a classroom, students will learn to create teas, tinctures and poultices.

Although those words may sound like homework straight out of Hogwarts, they don't require any wizarding magic — just some plants plucked straight from the fields. The processing of each herbal concoction typically involves soaking a leaf, dried or fresh, in a solvent such as water or alcohol. Then it's as simple as following a recipe.

The active ingredients might surprise folks who've regularly downed them as part of a meal, rather than as a way to heal. "Thyme," McCauley says, "is brilliantly antimicrobial, and it has specific treatments for the throat and upper respiratory area. It's something that you can brew into a tea or could add to a steam."

Have a tummy ache? Try some mint. The chemicals that are the source of the herb's crisp coolness have been used to treat pain since ancient times.

McCauley cautions that these supplements aren't a substitute for medicine — a salad isn't going to cut it when you really need antibiotics. But what plant-based remedies are good for is boosting your body's natural capabilities. "The time to use herbs is not when you already have a cold but when you



COURTESY COMMON GOOD CITY FARM

When vegetables grow at Common Good City Farm, it's always a healthy harvest.

“The time to use herbs is not when you already have a cold but when you first feel that first little tickle before it takes hold.”

— TRICIA MCCAULEY, HEALTH COACH AND HERBALIST, WHO'S LEADING THIS SATURDAY'S HERBALISM 101 WORKSHOP AT THE COMMON GOOD CITY FARM.

first feel that first little tickle before it takes hold,” she explains.

And being aware of these natural benefits can make a difference when illness strikes. “It could mean that you don't have to take off work, schedule an appointment to go to the doctor and maybe get medicine that is stronger than what you need,” McCauley adds.

So, even if you find some of this hard to swallow, it's worth a try. At the very least, it'll be delicious.

WILLIAM SHUBERT

Two of a Kind

Bar Reviews

There's something odd about exercising to boost your body's performance and then stuffing down a snack with a laundry list of unpronounceable ingredients. So, companies are raising the bar by making products that invite buyers to study their short, sweet labels.

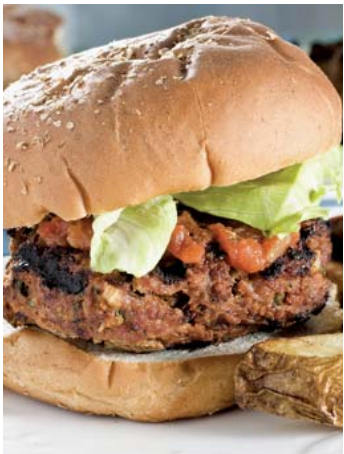
POWERBAR PURE & SIMPLE (\$0.95)
Looking for a protein pick-me-up for less than 150 calories? That's what these bars with “nothing artificial” deliver in yummy Roasted Peanut Butter and Cranberry Oatmeal Cookie flavors. They're chewy but still have a hint of crunch.



CLIF C (\$1.39)
Each of these 130-calorie treats boasts a serving of fruit (raspberry, blueberry, cherry pomegranate or apple — blended with dates). They're baked, then sprinkled with sea salt and a few nuts, which makes them taste like gourmet fruit leather.



Recipe File



LARRY CROWE/AP

CHILI TURKEY BURGERS

Start to finish: 35 minutes

Ingredients

- 1 tsp canola oil
- 1 small sweet onion, finely chopped
- 3 cloves garlic, minced
- 1 jalapeno pepper, seeded and minced
- 2 tsp ground cumin
- 3/4 cup canned black beans, rinsed

- 2 tbsp tomato paste
- 2 slices firm whole-wheat bread, torn into small pieces
- 2 tbsp chopped fresh cilantro
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1 pound lean ground turkey
- 4 whole-grain hamburger buns
- Tomato salsa, for the topping
- Shredded lettuce, for the topping

Makes Four Servings

In a small nonstick skillet over medium, heat the oil. Add the onion and saute until lightly colored, about four minutes. Add the garlic, jalapeno and cumin. Cook, stirring often, until fragrant, one to two minutes longer. Transfer to a dish to cool.

Heat a gas grill to medium-high or light a charcoal fire.

Meanwhile, in a food processor, combine the beans, bread and tomato paste. Pulse until well mashed, then add the cilantro, salt, pepper and the reserved onion mixture. Pulse several

more times, then transfer to a bowl. Add the ground turkey, mix well, then shape into four 3/4-inch-thick patties.

Grill the burgers until they register 165 F on an instant thermometer, about five minutes per side. Meanwhile, toast the buns on the edge of the grill. Serve the burgers topped with tomato salsa and shredded lettuce. (AP)

392 calories; 99 calories from fat; 11 g fat (2 g saturated; 0 g trans fats); 65 mg cholesterol; 45 g carbohydrate; 31 g protein; 8 g fiber; 696 mg sodium.

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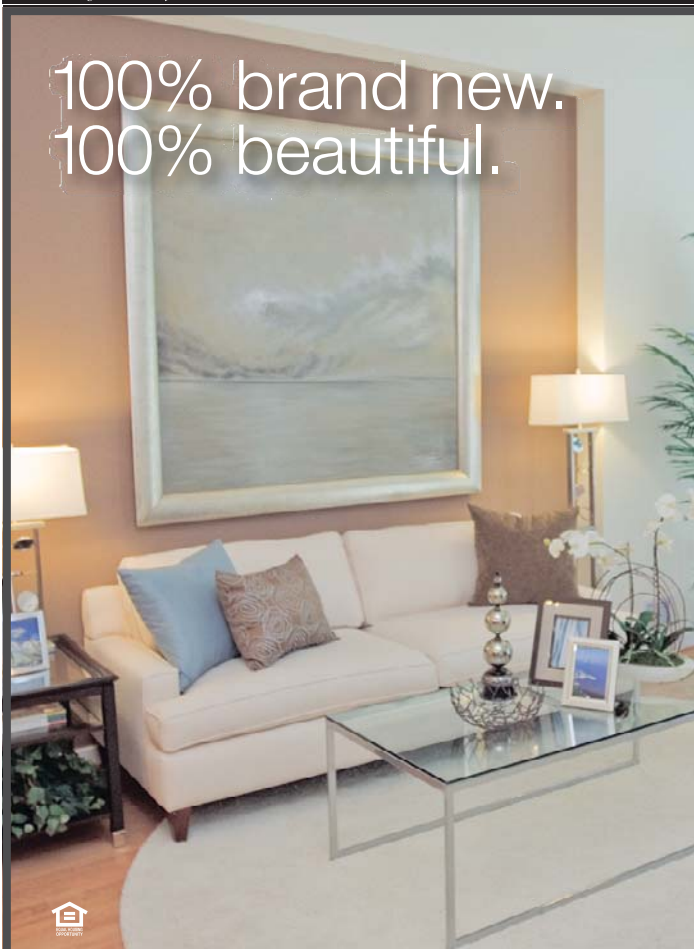
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Second Thoughts

A judge suggests Anna Nicole Smith's death wasn't accidental **35**

Sound Bets



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Just five of Silverdocs' 102 films are music-related, but all are worth singing about. "Barbershop Punk" features Dischord's Ian MacKaye as one of many talking heads on the issue of net neutrality. The movie was inspired by software engineer Robb Topolski's discovery that his legal sharing of

early 20th-century barbershop music was being throttled by his Internet provider. It's an important topic, but it isn't nearly as sexy as the Rolling Stones' getting

franky in the South of France in 1971: "Stones in Exile" focuses on the Glitter Twins & Co. making their masterpiece, "Exile on Main Street."

The lone concert film is "Ride, Rise, Roar," which documents how former Talking Head David Byrne's elaborate 2008-2009 shows were created. "The DeVilles" tracks the crumbling family life of burlesque stripper Terri Lee Geary and her punk-singer husband, Shawn. And "We Don't Care About Music Anyway ...," above, explores the Japanese experimental scene, with musicians interpreting, and performing in, their chaotic urban landscape.

These five flicks make a mighty racket; visit Expressnightout.com for trailers and showtimes.

Rock band frontman Kele Okereke's solo release is filled with dance-worthy beats

Album Review

Kele Okereke's transformation from guitar-wielding rock frontman to king of the dance floor didn't happen overnight. The erstwhile Bloc Party singer infused his band's latter-day efforts with ample electronic elements that added complexity to its brand of emotionally charged rock fury.

But Okereke's new solo album, "The Boxer," marks a distinct shift in genres. He's traded in Bloc Party's precise, jittery drum work for dance floor-ready programmed



Kele Okereke
The Boxer

beats. And while he hasn't abandoned guitars completely, Okereke's new material is driven by an arsenal of synths.

This new rhythm-driven endeavor doesn't mean Okereke ignores his melodic roots. His ear for energized pop melancholy remains in full effect on songs such as the lead single, "Tenderoni." The track's throbbing beat may be a dominant force, but Okereke ties the whole song together when he breaks out his distinctive yelp during the chorus.

Of all the tracks on the record, "On the Lam" is the one song that screams for dance club exposure. With the pitch on Okereke's voice turned up into androgynous territory, the track's storm

OUT OF THE BLOC



of pulsing synths and energetic beats practically require that the listener wear glow sticks for its duration.

The songs on "The Boxer" aren't limited to dance anthems, though. The creepy, baroque track "New Rules" stands out as unique with its plucked strings and a repeating sample of a robotic telephone operator repeating the phrase "Please hang up and try again." The muffled beat and airy instrumentation on "All the Things I Could Never Say" reveal Okereke's new, guitar-

The pulsing synths and beats in 'On the Lam' practically require that the listener wear glow sticks for its duration.

less style of balladry.

What's nice about "The Boxer" is that it is clearly a rock musician's take on electronic music. The instruments are different, but Okereke remains song-oriented and focused on melody and emotional expression. Like a Bloc Party record, the album still amasses a diverse range of tones and shows an appreciation for organic-sounding textures and personal songwriting.

The thing that Okereke proves the most on "The Boxer" is his versatility and ability to adapt his sense of melody and his instantly recognizable voice to a new arena. Okereke admits to having little prior experience with equipment he used while attempting the album, but his able producers and solid songcraft generously compensate. **DAN MILLER**

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expressnightout.com ►► Eminem's latest album, 'Recovery,' responds to last year's 'Relapse' with less blood and more humor ►► 'Memphis Beat' follows the mold of TNT's other intense-meets-quirky dramas, but often falls victim to cliché ►► Get local entertainment updates all day: [Twitter.com/expressnightout](https://twitter.com/expressnightout)

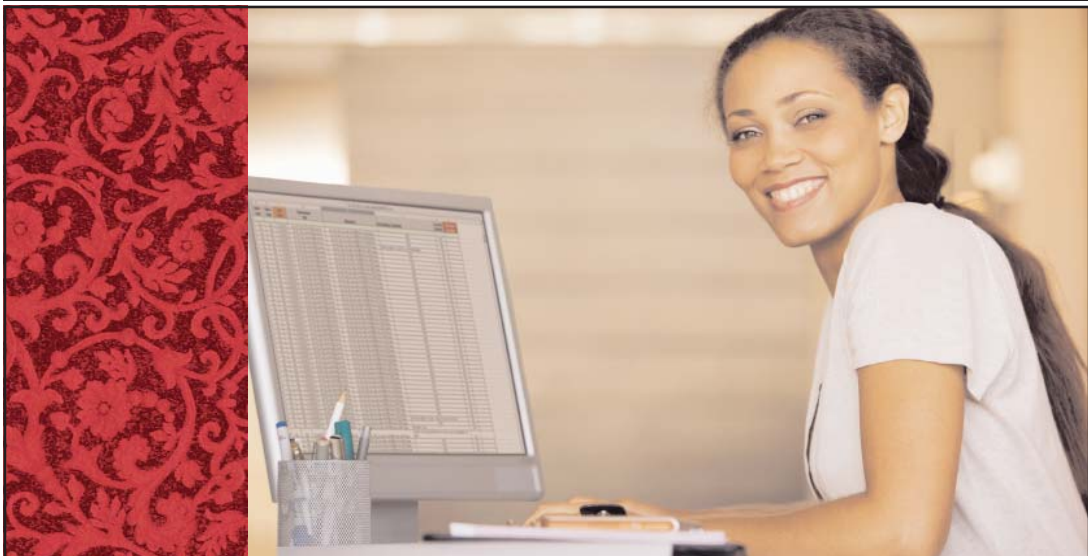
@ Comments? Give Christopher your feedback: expressnightout.com/soundbets



1 Modern Love
Woody Allen has gone through a lot of changes since his early days of Castro satires and sex comedies, but "Annie Hall" remains, while maybe not his best movie, certainly his best romance. The American City Diner screens films every evening at 8:30, and tonight you can dig into free popcorn with Allen's still-poignant, still endearingly weird stab at a love story. **American City Diner, 5532 Connecticut Ave. NW, Tue., free; 202-244-1949, Americancitydiner.com.**

2 Change Of Pace
What do you know about Northern Ireland? What do you know about Northern Ireland that doesn't have to do with religious conflict or the World Cup? Expand your horizons by seeing "Johnny Meister and the Stitch," a play about two young men in Northern Ireland that's packed with violence, tension and snappy, profane dialogue. **Flashpoint, 916 G St. NW; through July 3, \$20; 202-315-1317, Solasnua.org. (Gallery Place)**

3 In Memoriam
"Although of Course You End Up Becoming Yourself" is Rolling Stone writer David Lipsky's book about a road trip he took with the late author David Foster Wallace, and it's a portrait of an anxious, sad person with the tremendous responsibilities that come with being a genius. Lipsky will speak about the book tonight. **Politics & Prose, 5015 Connecticut Ave. NW; Tue., 7 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness-UDC)**



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HEY NATS FANS
Get Your "Strikeout K" Sign Tomorrow in Express!

XX330 2x5

express

Stephen Strasburg is scheduled to pitch tomorrow's home game. So look for the game preview in tomorrow's Express as well as your giant K sign to cut out and take to the ballpark.

Concerts, movies, events, restaurants and more.



TV tonight **lookout**

Best Bets

NBC
8:00

Losing It With Jillian Jillian moves in with the Northernns, a family that needs motivation after the father, Patrick, loses his job. To help them redirect their lives, Jillian urges them to throw out a deep-fat fryer that has contributed to their weight gain and start moving via roller skating and a step competition.

CBS
10:00



The Good Wife She's after him only for his body — of knowledge. Alicia works with Will on the appeal of a death-row inmate who was convicted on Peter's (Chris Noth, left) watch. To get more information on the case, she agrees to a conjugal visit with her imprisoned hubby.

BRAVO
10:00

Kathy Griffin: My Life on the D-List Kathy hires Kenny Davis, a decidedly A-List designer, to remodel her home in the Hollywood Hills. Team Griffin guest-judges the California Gold Coast Toddler Pageant, because, really, what could go wrong there, right?

BRAVO
11:00

Double Exposure A client makes life difficult for Markus and Indrani as they shoot a magazine spread. A broken camera complicates a shoot with Dita Von Teese, but that's nothing compared to the hours of waiting Lindsay Lohan puts everyone through in "Is Lindsay Here Yet?" (TRIBUNE MEDIA)



MEMPHIS BEAT

A Rockin' Ride-Along

TNT
10:00

Local police officers and local color loom large in "Memphis Beat," a preposterous new police procedural that brings Jason Lee back to prime time. But the real stars are the city of Memphis and the mid-20th-century music created there.

Detective Dwight Hendricks loves Memphis, and he begins and ends the pilot episode performing an Elvis song onstage. In between gigs, he battles with his new boss and devotes himself to a case involving the apparent abuse of an Alzheimer's patient who is a legendary Memphis disc jockey. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Game Show



High Stakes

Talk about your "high-concept" game shows! In the new series "Downfall" (9:01 p.m., ABC), contestants answer trivia questions atop a tall building in the middle of a city in hopes of winning cash and prizes. If they miss a question, their loot on a conveyor belt goes sailing off the side of the building—followed eventually by the players' harnessed friends and family members in a "controlled fall" if things get even worse. (TRIBUNE MEDIA)

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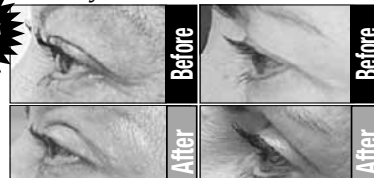
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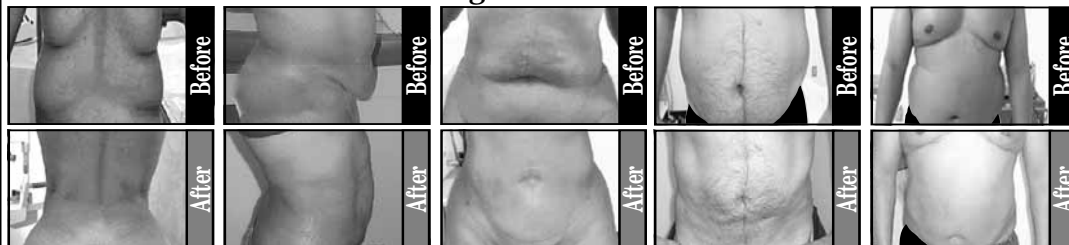
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Poll Center

Today's Question

DO YOU THINK METRO'S SAFETY PRACTICES HAVE IMPROVED SINCE LAST YEAR'S CRASH?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Yesterday's Results

DO YOU THINK THE OIL SPILL IS GOING TO HAVE AN EFFECT ON THE MIDTERM ELECTIONS?



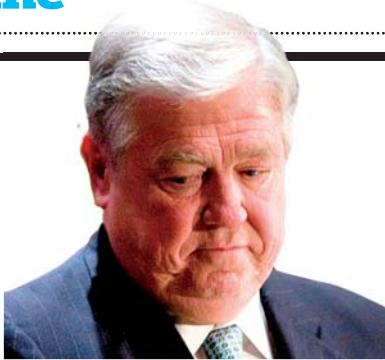
"It depends on whether the public considers this [spill] and the response to be things that call for 'Hope' or 'Change.'"

COMMENTER 57TH STATE

"The spill will only affect the midterms to the extent that it hurts the economy."

COMMENTER PHILIMUS

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

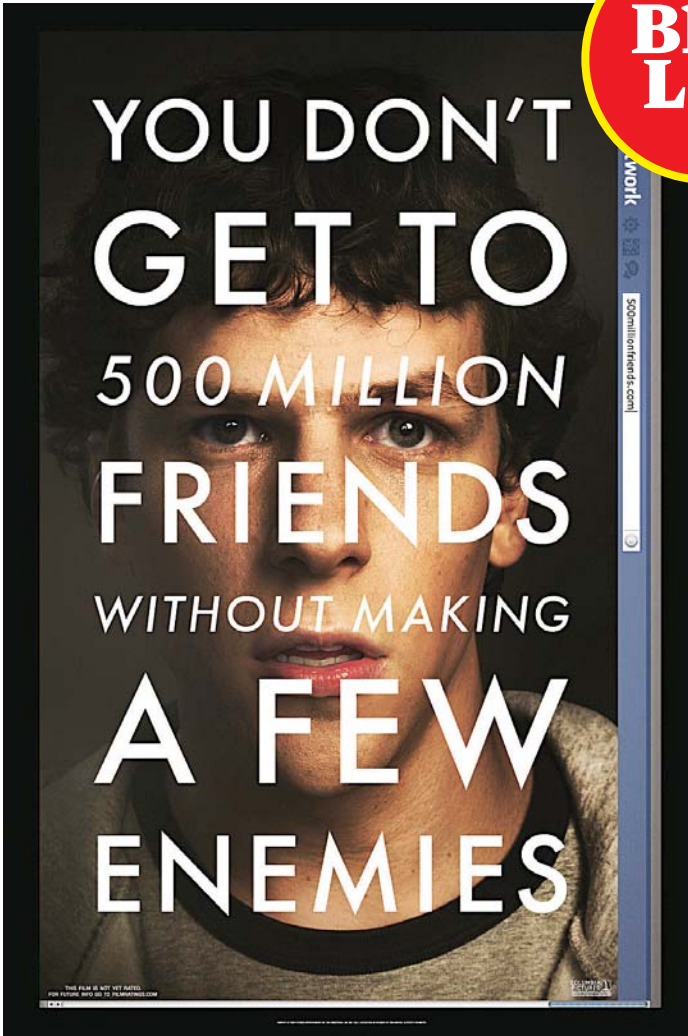


"That's like a gunner on the Death Star thinking the problem with the destruction of Alderaan is that it requires a recharge of the [expletive] laser."

— EVERYONEISASITH.BLOGSPOT.COM ON MISSISSIPPI GOV. HALEY BARBOUR'S ASSERTION THAT THE DRILLING MORATORIUM IS WORSE THAN THE GULF SPILL, BECAUSE IT WILL DRIVE UP ENERGY PRICES.

"YOUNG KIDS WHO make the show typically crash and burn — hardly ready for the pressure and the spotlight that's suddenly thrust upon them. Not fun to watch at all."

— MJSBIGBLOG.COM OBJECTS TO THE LOWERING OF THE MINIMUM AGE TO 15 (FROM 16) FOR "AMERICAN IDOL" CONTESTANTS.



"The photo of actor Jesse Eisenberg, who plays Zuckerberg, is perfect. Sony is pretty much selling this as a horror movie, with Zuckerberg as Freddy Krueger."

— REWIRED.HOLLYWOODREPORTER.COM ANALYZES THE NEWLY RELEASED POSTER FOR "THE SOCIAL NETWORK," AKA THE FACEBOOK MOVIE.

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puzzles **lookout**

Horoscope

CANCER (June 21-July 22) The alternative you prefer may not be the one others expect you to choose, but it's not the only surprise you are likely to offer.

LEO (July 23-Aug. 22) You must be more considerate of those around you; avoid making a fuss where a calm, quiet approach is clearly the best option.

VIRGO (Aug. 23-Sept. 22) You will have reason to object to the official decision sent down by those in charge, but now may not be the time. Weigh the odds.

LIBRA (Sept. 23-Oct. 22) You can show off a little more than usual, but ultimately your true motives are far less self-centered than that.

SCORPIO (Oct. 23-Nov. 21) Those in charge are likely to come to you for a quick fix, and you must not hesitate to tell them if you think they are being premature.

SAGITTARIUS (Nov. 22-Dec. 21) Someone you know well is likely to go to bat for you, but without you being aware of it — until you begin to reap the benefits.

CAPRICORN (Dec. 22-Jan. 19) A team effort can really change things around and improve the way that rivals see you. Consider a new form of presentation.

AQUARIUS (Jan. 20-Feb. 18) Now is the time for you to consider all the options; you don't want to sell yourself short simply by assuming there is little you can do.

PISCES (Feb. 19-March 20) It may be difficult to put your best foot forward when all you are feeling is anger and resentment. Why so negative?

ARIES (March 21-April 19) The answer you are seeking may actually frighten you once uncovered, but nevertheless you must continue to seek the truth throughout the day.

TAURUS (April 20-May 20) Your prospects are many, but you may not understand just how your chances are affected by the activities of others.

GEMINI (May 21-June 20) Others may think that you are grasping at straws, but you have something up your sleeve that can surely come in handy when the time comes.

Scrabble Grams

PAR SCORE 155-165, BEST SCORE 224

A ₁	O ₁	T ₁	D ₂	C ₃	R ₁	G ₂

RACK 1

E ₁	E ₁	O ₁	H ₄	G ₂	V ₄	B ₃

RACK 2

E ₁	I ₁	Y ₄	F ₄	T ₁	R ₁	C ₃

1st Letter Triple

RACK 3

E ₁	I ₁	O ₁	T ₁	H ₄	S ₁	K ₅

Double Word Score

RACK 4

Yesterday's Solution

B ₃	E ₁	L ₁	O ₁	N ₁	G ₂	
G ₂	R ₁	I ₁	M ₃	A ₁	C ₃	E ₁
C ₃	E ₁	N ₁	S ₁	U ₁	R ₁	E ₁
L ₁	I ₁	G ₂	N ₁	I ₁	T ₁	E ₁
PAR SCORE 140-150						TOTAL 202

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

1	6	8					4
		2		6			3
4			5				9
				4			2
			8	5	6		
6				3			
	9				1		5
	4			8		3	
	3					8	7
							9

Yesterday's Solution

1	4	6	3	7	8	2	5	9
8	3	7	5	9	2	6	4	1
2	9	5	4	1	6	3	8	7
7	5	3	2	4	1	9	6	8
4	6	8	7	5	9	1	2	3
9	2	1	6	8	3	5	7	4
3	1	2	8	6	7	4	9	5
6	8	4	9	3	5	7	1	2
5	7	9	1	2	4	8	3	6

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

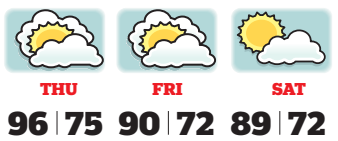


Today: Hot and humid, a thunderstorm this afternoon. A thunderstorm tonight.



Tomorrow: A shower or thunderstorm tomorrow. Partly cloudy tomorrow night.

Looking Ahead



Sun and Moon	Almanac
Sunrise today: 5:43 a.m.	Normal high: 85
Sunset today: 8:37 p.m.	Record high: 98
Moonrise today: 5:18 p.m.	Normal low: 66
Moonsset today: 2:26 a.m.	Record low: 51

FORECAST BY ACCUWEATHER.COM ©2009



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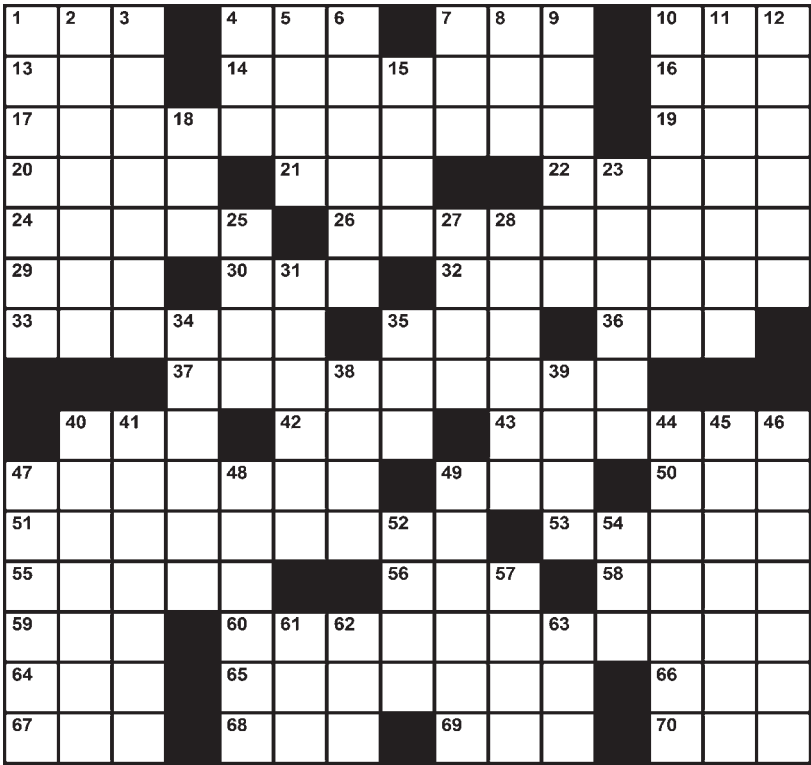
lookout puzzles

Crossword

A SUPER PUZZLE

ACROSS

- 1 Moose, in Europe
- 4 It's not the silence of the lambs
- 7 Barely defeat
- 10 Telly option
- 13 The N of NCO
- 14 Insurance company employee
- 16 "How ____ things?"
- 17 Superhero with a valet
- 19 ____ de plume
- 20 Oboe part
- 21 Caboose's place
- 22 Kind of clippers
- 24 Permit
- 26 Keeper
- 29 Professional charge
- 30 Member of the flock
- 32 Trigonometric function
- 33 In better order
- 35 Repair
- 36 They may be checked at the door
- 37 Web-based superhero?
- 40 Balaam's beast
- 42 Cure rawhide
- 43 Breakfast container
- 47 Finger pointer
- 49 Literary collection
- 50 Bath suds?
- 51 Detroit newspaper
- 53 Familiar episode
- 55 Fiction classification
- 56 Make a choice
- 58 Lavish celebration
- 59 Monopoly token choice
- 60 Superhero who liked Candy
- 64 "Antiques Roadshow" estimate
- 65 Rigby of song
- 66 List ender, briefly
- 67 "Waking ____ Devine" (1998 film)
- 68 The EPA banned it in 1972
- 69 Place with fortified swine?



EDITED BY TIMOTHY E. PARKER

70 Actor Tommy ____ Jones

DOWN

- 1 Attach a bud to a new plant
- 2 Her songs lure Rhine boatmen
- 3 Genuflected
- 4 Prohibit officially
- 5 Muscle misery
- 6 This minute
- 7 Tandoori-baked bread
- 8 Wrathful emotion
- 9 Type of boa
- 10 Kicked (about)
- 11 Work shoes
- 12 Driveway material
- 15 Language kin of Hindi
- 18 Old Tokyo

- 23 Decorative border
- 25 Shed a few tears
- 27 Use a spoon
- 28 Publicans of old Rome
- 31 Columnist, e.g.
- 34 Distributor
- 35 Low-lying wetland
- 38 Take a chance
- 39 Food-thickening agent
- 40 Land amount
- 41 Like many candles
- 44 Apple coating, come Halloween
- 45 Cry like a mourner
- 46 What a sinner may do
- 47 Crocheted blanket
- 48 Shot out, as lava
- 49 Quakers in the forest
- 52 Pop in the mouth?

- 54 Easily bruised item
- 57 Jog
- 61 Word with "Faithful" or "Glory"
- 62 Volleyball obstacle
- 63 Amusingly ironic, as humor

Yesterday's Solution



Today in History

- 1870** The U.S. Department of Justice is created.
- 1970** President Richard Nixon signs an extension of the Voting Rights Act of 1965 that lowers the minimum voting age to 18.
- 2009** Nine people are killed when a Washington, D.C., commuter train crashes into the rear of another during the afternoon rush hour.



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FACTS

Dean McDermott Makes Everyone Feel Weird

Tori Spelling's "90210" co-stars (with the exception of Jennie Garth) all hate her, Spelling told Ryan Seacrest on Monday. She said they remained close until she married her second husband, Dean McDermott. "I don't know what happened," she said. Spelling is currently promoting her new book, "Uncharted Terri-TORI." (EXPRESS)



NEWS CYCLE

We Await a More Exciting DUI to Flog

After being arrested last week for drunken driving, Chris Klein has checked himself into a rehab center in Utah, Usmagazine.com reports. "Chris was forced to take a clear look at a problem he has been trying to deal with himself for years," his representative told Us. "He understands now that he cannot beat this disease alone." He also had a DUI in 2005. (EXPRESS)



SIBLINGS

'Posting Crap Online Will Make Dad Love Me More Than Levi'

Levi Johnston's attorney is taking exception with a blog written by his client's sister, Mercedes. Rex Butler says that while Mercedes Johnston is free to write what she wants, she won't be privy to information from anyone with "Team Levi." Her blog has gotten widespread attention of late, purporting to answer questions about Sarah Palin's family and her own. (AP)



Dude, we would not care about your rehab if anything else was happening.



This is a picture of Anna Nicole Smith from 2005. She died in early 2007.

CREEPY

Leave the Poor Girl Be

The judge who ruled on where Anna Nicole Smith should be buried says he thinks someone should be charged with manslaughter. In his new book, "The Killing of Anna Nicole Smith," Larry Seidlin calls for reopening investigations into the death of her son, Daniel Smith, in September 2006 and of the model five months later. He says police bungled the original investigations and that Smith's lawyer/companion, Howard K. Stern, should be scrutinized. (AP)

Dirtbag Digest

**Tiger: Now With Extra Regrets!**

Tiger Woods missed daughter Sam's third birthday, June 18, according to Radaronline.com. At his April post-scandal press conference, Woods noted that he missed his son Charlie's first birthday because he was in rehab, and "I vowed I'd never miss another one after that." Not being with Charlie was "something I regret and probably will for the rest of my life," he said at the time. (EXPRESS)

"Now that I am getting divorced I think you and I should do a photo shoot together! Cutie ;)! I'm closer to your age."



— HEIDI MONTAG
TWEETS THAT SHE WOULD LIKE TO GET TO KNOW JUSTIN BIEBER BETTER. TMZ.COM REPORTS THAT SHE HAS HIRED A DIVORCE ATTORNEY.

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Fare increases go into effect on June 27 and August 1.

In response to customer comments to avoid service cuts, a number of steps are being taken to maintain Metro’s current services, including the contribution of more funding from the government jurisdictions. But to help close the budget gap, adjustments also need to be made on fares and fees on Metrorail and Metrobus on June 27 and August 1.

Phase 1: June 27

Metrorail fare changes

Metrorail fares will increase by 18 percent; the new regular base boarding fare will be \$1.95.

Metrobus fare changes

The new fare on a regular Metrobus will be \$1.50 when paid with a SmarTrip® card or \$1.70 when paid with cash. The new fare on an express bus will be \$3.65 when paid with a SmarTrip® card or \$3.85 when paid with cash.

The new fare on Metrobus 5A to Dulles International Airport and Metrobus B30 to Baltimore Washington International Thurgood Marshall Airport will be \$6.

The new Metrorail and Metrobus pass prices will mirror the fare increase (see chart).

Bike locker rental fees —

The annual bike locker fee will be \$200 per year (55¢ a day).

Parking — The reserved monthly parking fee will be \$65.

Phase 2: August 1

On August 1, the cost of three Metrorail passes will increase.

Weekly Short Trip Pass:	\$32.35
Weekly Fast Pass:	\$47
Transit Link Card:	\$102

Metro will enact a new 20¢ surcharge during peak-of-the-peak periods (weekdays 7:30 - 9 a.m. and 4:30 - 6 p.m., based on the starting time of the trip).

Customers will save 25¢ per Metrorail trip if they use a SmarTrip® card instead of a paper farecard.

METRORAIL PASSES	
One Day Pass	\$9
Weekly Short Trip Pass	\$30.35*
Weekly Fast Pass	\$45*
SmartStudent Pass	\$30
Transit Link Card (MARC and VRE)	\$92*
D.C. Student 10-trip Farecards	\$9.50
METROBUS PASSES	
Weekly Flash Pass	\$15
Tokens (10 pack)	\$17
D.C. Student Tokens	\$7.50
Weekly Senior Flash Pass	\$7.50
Weekly Disabled Flash Pass	\$7.50

* Additional changes effective August 1. See Phase 2.

These changes — developed with guidance from Metro’s Board of Directors — are subject to final approval by the Board on June 24. For more information, pick up a brochure at a Metrorail station manager’s kiosk or go online to MetroOpensDoors.com.

